



King County

**Weyerhaeuser King County
Aquatic Center**
650 SW Campus Drive
Federal Way, WA 98023
206-296-4444
www.metrokc.gov/parks

Lifeguard Training Challenge

Day and Time:

Monday, May 29th 9:00 – 3:30

You will have 30 minutes for lunch.

Bring:

Swim suit

Towel (you might want 2)

Pocket Mask

American Red Cross Lifeguard Training Book

Lunch

Cost: \$25.00

Includes:

A.R.C. Lifeguard Training and First Aid

A.R.C. CPR For the Professional Rescuer

A.R.C. Bloodborne Pathogen Training

A.R.C. AED Essentials

Prerequisites: *Verified at the beginning of the day*

- 15 years of age by May 29th, 2006
(Bring proof of age, i.e., drivers license, birth certificate)
- Swim 500 yards nonstop
(200 yards crawl-stroke, 100 yards breaststroke, 200 yards combined crawl-stroke and breaststroke)
- Swim 20 yards, retrieve 10-pound object from the bottom, and return to start with the object



This is strictly a **Challenge** course. Time will not be spent reviewing the written materials, or the practical skills of the class.

Arrive prepared for testing.



This material is available in alternate format upon request.

Telephone Relay Service: 711

